

Swim
and
Survive

AQUA QUIZ

Be
ACTIVE
in the
WATER



Swim and Survive Aqua quiz

Swim and Survive is a national swimming and water safety program that has been educating young people for over twenty years. It aims to reduce the number of Australian's drowning by ensuring that people have a sound knowledge of how to be safe when in and around water, as well as skills in swimming, personal aquatic survival and basic rescue.

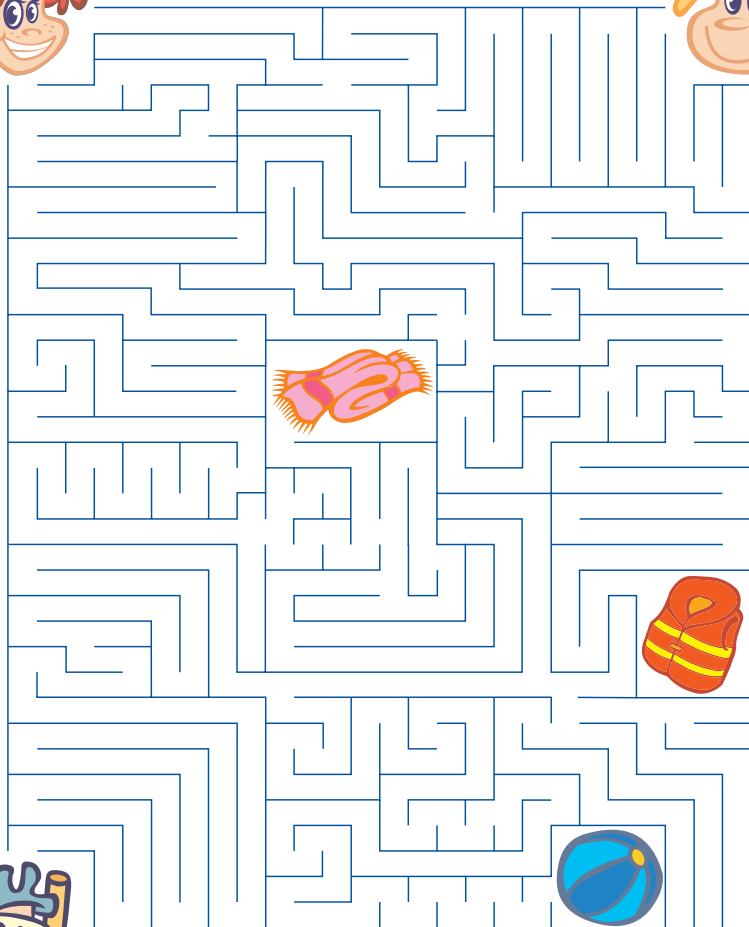
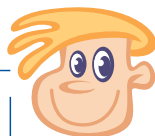
Royal Life Saving has developed this Aqua quiz for use by children completing the Swim and Survive program at their school or local pool. The activities have been designed to reinforce the key water safety messages that the Swim and Survive program promotes.

In addition to this Aqua quiz the website www.swimandsurvive.com is packed with activities for children to do whilst learning about water safety as well as fun games, quizzes, competitions and information for projects. It also contains teaching and learning materials designed especially for teachers.



Solve the Maze

Can you help our crew find their gear in the maze?



Water Safety Rules at Home

Write the missing words in these rules. Use the pictures underneath to help you find the right word

Always _ _ _ _ with an adult.

Always close the pool _ _ _ _.

Never _ _ _ _ people in.

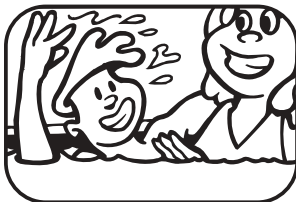
All _ _ _ _ should be taken out
of the pool when you leave.

Wading pools and buckets should be
_ _ _ _ _ when not in use.

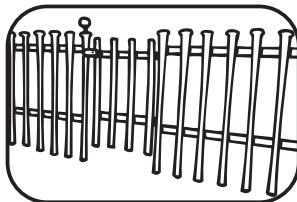
Get _ _ _ _ quickly if someone is in trouble.



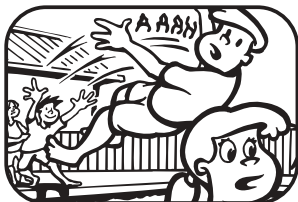
empty



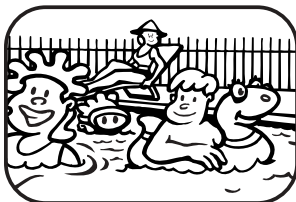
swim



gate



push



toys



help

Home Water Safety Puzzle Page

Find the words in the puzzle from the word list

G	Z	E	T	I	T	D	A	N	G	E	R	S	M	N
S	U	P	E	R	V	I	S	I	O	N	I	T	D	H
T	W	E	L	Q	P	Y	S	S	W	R	E	A	C	H
G	N	F	I	O	F	T	F	D	O	T	Y	O	R	Z
E	Y	G	O	K	U	P	N	N	R	K	T	L	H	N
T	E	U	T	B	N	M	E	O	H	H	I	F	M	D
A	N	L	M	U	X	E	R	P	T	T	C	S	L	T
G	O	P	R	C	R	Z	D	H	N	A	I	E	T	O
L	L	H	E	K	E	A	L	S	W	B	R	N	L	G
S	A	T	T	E	V	P	I	I	O	K	T	I	U	E
W	G	A	A	T	A	S	H	F	R	E	C	H	D	T
O	Q	B	W	S	W	H	C	D	D	B	E	C	A	H
T	B	L	I	G	H	T	N	I	N	G	L	A	Z	E
S	E	C	N	E	F	F	P	L	E	H	E	M	Y	R
I	G	N	I	H	S	A	W	T	A	E	S	F	E	Q

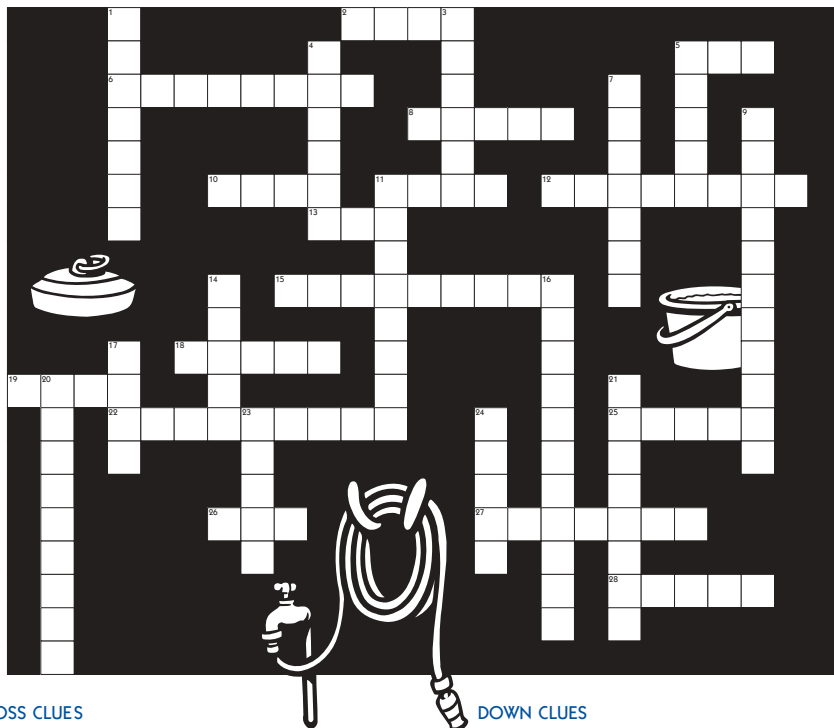
WORDLIST

ADULT
BATHPLUG
DANGERS
EMPTY
FLOAT
HELP
REACH
SUPERVISION
TOILET
WATER

ALONE
BUCKETS
DROWN
FENCES
FUN
LIGHTNING
SEAT
THROW
TOW
WAVE

BATH
CHILDREN
ELECTRICITY
FISHPONDS
GATE
MACHINES
SPA
TOGETHER
WASHING

Home Water Safety Puzzle Page



ACROSS CLUES

- 2 We sit on these. (4)
- 5 You can have lots of ___ in the water. (3)
- 6 Young _____ need to be supervised around water. (8)
- 8 Never swim _____ (5)
- 10 This should be kept locked at all times. (4)
- 11 We have a _____ to get clean before bed. (4)
- 12 Always swimming with someone is swimming _____. (8)
- 13 These have lost of bubbles in them. (3)
- 15 These have fish in them. (9)
- 18 Heated pools have warm _____ in them. (5)
- 19 A _____ pod has waves in it. (4)
- 22 Never swim when there is thunder and _____. (9)
- 25 Another word for grown ups. (5)
- 26 Don't go in the water to save someone. _____ them in. (3)
- 27 A _____ machine is found in the laundry. (7)
- 28 Wading pools need to be _____ when not in use. (5)

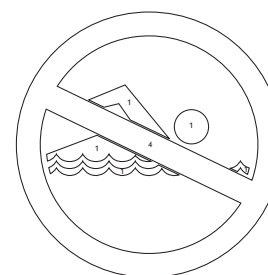
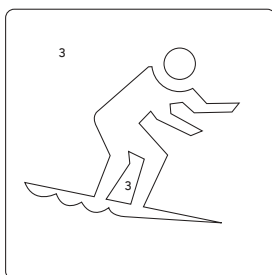
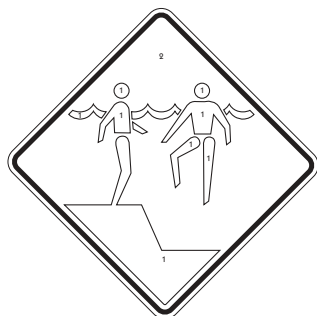
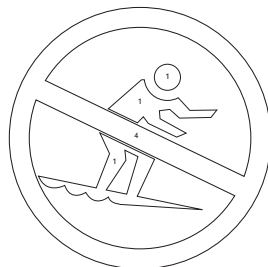
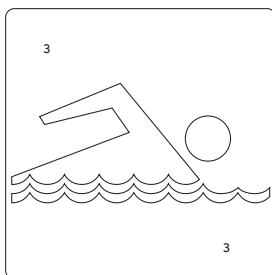
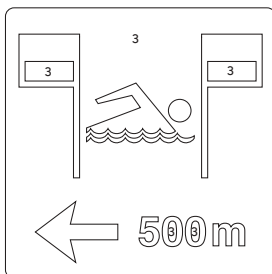
DOWN CLUES

- 1 Put these away in a cupboard when you finish washing the car. (7)
- 3 The _____ seat needs to be down when not in use. (6)
- 4 All swimming pools should have these around them. (6)
- 5 _____ on your back if you get tired. (5)
- 7 Always be aware of any _____ in the water. (7)
- 9 _____ is dangerous around water. (11)
- 11 When you finish in the bath remove the _____. (8)
- 14 Never jump in the water to save someone. _____ to rescue. (5)
- 16 Adult _____ of children is always needed. (11)
- 17 Call out for _____ if you are having trouble in the water. (4)
- 20 Running around the pool causes _____. (9)
- 21 The lid of the washing _____ always needs to be put down. (8)
- 23 You can _____ out a rope to save someone in the water. (5)
- 24 Follow all the safety tips and you will be less likely to _____. (5)



Water Safety Signs

Match the message with the correct sign



Colour Guide

Colour Number 1 Black
 Colour Number 2 Yellow
 Colour Number 3 Blue
 Colour Number 4 Red

Surfboard riding prohibited

Beware of shallow water when diving

Beware deep water

Surfboard riding permitted

Direction to life saving patrol

Swimming prohibited

Diving prohibited

Beware sudden drop-off

Swimming permitted

Word Search: Aquatic Environments

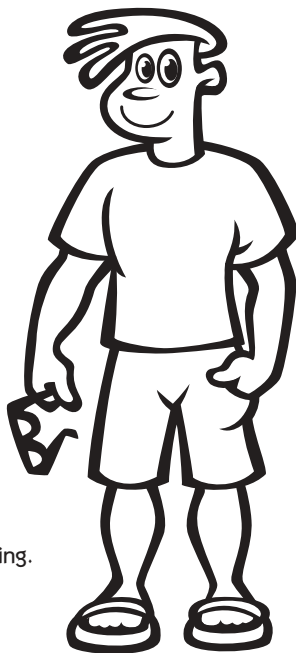
Unscramble the words in the list below using the clues provided

SCRAMBLED WORDS

- | | | | |
|------------|-------|---------------|-------|
| 1 tudla | _____ | 11 sslneos | _____ |
| 2 cosedl | _____ | 12 alsgjuedrf | _____ |
| 3 depe | _____ | 13 ploepe | _____ |
| 4 epthd | _____ | 14 chaer | _____ |
| 5 igidvn | _____ | 15 lersu | _____ |
| 6 fnece | _____ | 16 sisgn | _____ |
| 7 tlogafni | _____ | 17 pas | _____ |
| 8 eatg | _____ | 18 unospvrssi | _____ |
| 9 phle | _____ | 19 sweimmsr | _____ |
| 10 slpa | _____ | 20 rteaw | _____ |

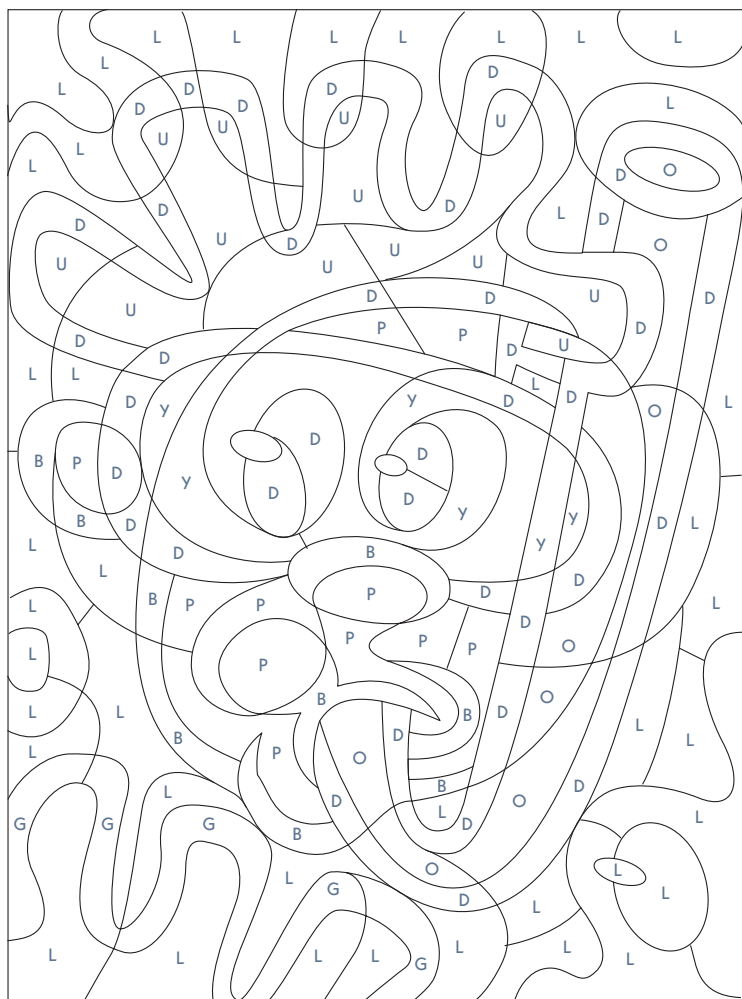
CLUES

- Always swim with an _____.
- The gate should always be _____.
- If you cannot swim stay away from the _____ end.
- Check the _____ of the water before diving.
- Check the depth of the water before _____.
- A pool should always have a _____ around it.
- _____ on your back is a good skill to learn.
- The locked _____ keeps young children out of the pool.
- Call for _____ if you are having difficulty in the water.
- You can swim _____ at the swimming pool.
- You can learn to swim by having _____.
- _____ are there to help you if you get into trouble.
- Sometimes there can be lots of _____ in the water.
- If someone is having trouble in the water _____ to rescue.
- Signs at the pool tell us what the _____ are.
- Read the _____ before entering the swimming pool.
- A _____ has lots of bubble.
- Children should always be under _____ when swimming.
- Beware of others _____ when jumping into the water.
- Heated swimming pools have warm _____.



Colour by Numbers

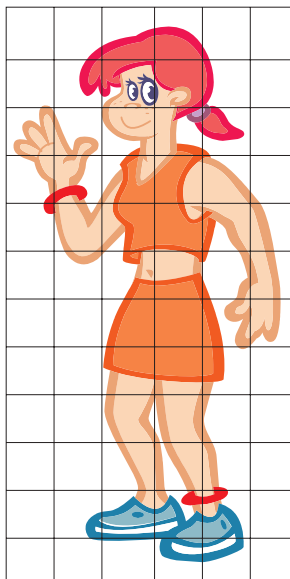
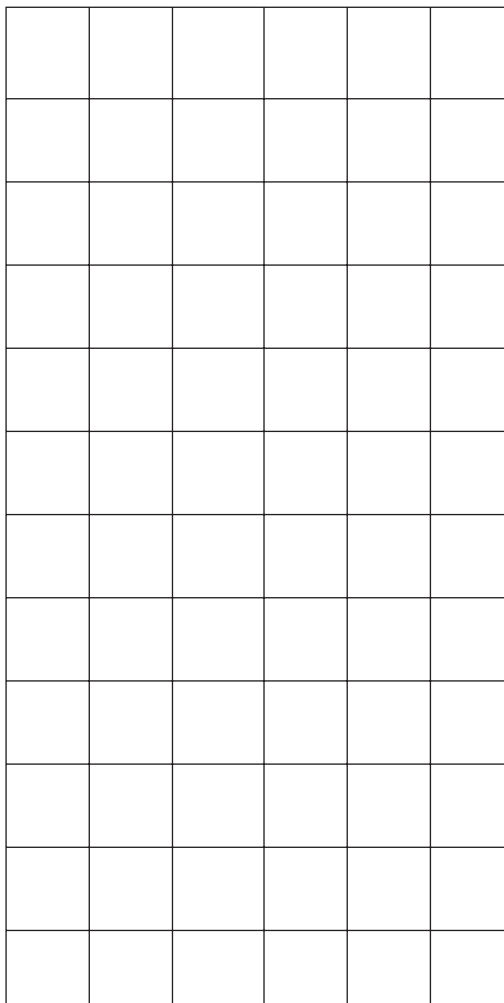
Colour the spaces using the colour code to reveal the image.



- O – Orange
- P – Pink
- Y – Yellow
- D – Dark Blue
- L – Light Blue
- G – Light Green
- B – Brown
- U – Purple

Redraw the image

Use the grid to redraw Jen.





Congratulations

for completing the Swim and Survive Aqua quiz



Name: _____



**Be
ACTIVE
in the
WATER**

Swim and Survive



fun
anyone?
PlayStation®2



"PlayStation" is a registered trademark of Sony Computer Entertainment Inc.
Jak II is a trademark of Sony Computer Entertainment America Inc. © 2003 Sony Computer Entertainment America.
Published by Sony Computer Entertainment Europe, developed by Naughty Dog.
"Coca-Cola" and the Dynamic Ribbon device are registered trademarks of The Coca-Cola Company.

Swim
and
Survive

AQUA QUIZ

Be
ACTIVE
in the
WATER

